

Wuf Shanti

The Wuf Shanti TV Show



One Boy's Vision Initiates Global Impact "Smile and the World Will Smile with You"

Adam had a vision when he was 11 years old. His late grandfather taught him mantras about positive thinking, kindness, and gratitude—lessons that would soon begin to change the world and begin a global shift for peace from the inside out. Now those lessons are being passed onto the next generation. It started with a simple drawing, book (My Grand-Dog was a Yoga Instructor) to a series of videos that air on the Children's Television Network (children's hospital national TV stations), and can be seen on local PBS stations.

It started with a drawing, and then became a book, and now is 7 books, videos on TV, an early learning mobile app, a mascot that visits schools and hospitals, and a curriculum for tweens and teens too.

mindfulness in early education for 3-10 year-olds, including yoga, meditation, positive thinking, diversity, inclusion, gratitude, social emotional learning, communication, peace, and kindness. The Wuf Shanti mascot tours schools and children's hospitals to share these practices with the children.

Wuf Shanti is an adorable dog character that travels the world and shares with children through mindfulness, yoga, meditation, fun, and great music, how to live mindfully, be kind to others, and live in gratitude. Created by a kid for other kids, this character teaches children more productive ways of dealing with their emotions, so they can grow up to be more empathetic, less depressed and anxious teenagers, and more content, happier peace-loving adults.

Wuf Shanti has 7 books (6 fiction and 1 non-fiction coffee table book), 100+ videos, and a mindful mobile app, the Wuf Shanti Yoga Fun Machine. You can see Wuf Shanti videos on local PBS stations in SFla, on the Children's TV Network (the in-house TV station at children's hospitals across the country and internationally), the Wuf Shanti YouTube Channel, and on the Wuf Shanti mobile app (on Apple and Android devices). The Wuf Shanti curriculum focuses on

About Adam



Adam, who is now 14, created Wuf Shanti for kids to teach mindfulness techniques in early learning, so children can live in health and wellness, peace and positivity. Adam also conducts his “Partners for Peace” interview series with pioneers in the mindfulness, yoga, and meditation communities, which you can listen to or read on the Wuf Shanti website, was a speaker at the 2018 Mindfulness in Education Summit, founded the Kids Association for

Mindfulness in Education (KAME), and founded and is hosting the 2019 international Mindful Kids Peace Summit for older kids 10-17, tweens and teens.

Adam believes in peace, kindness, gratitude, and thinking well because it is very important to him to help children live a healthier, mindful life, and help stem the violence and heal the world. Wuf Shanti loves all children, regardless of where they are from, what nationality or religion or race they are, and believes that the world will be a brighter place if we can teach children to Think Well to Be Well.

Mission

Statistics show a significant increase in childhood anger, depression, anxiety, illness, isolation, suicide, and homicide. It is so important to reach as many children as possible (and their parents, educators, healthcare practitioners) to help them develop a yogic-minded automatic response to illness and stress, cope with emotions and trauma, and stem the tide of negativity and violence. Our intentions are to teach the next generation to live in peace & gratitude, spread kindness, alleviate stress, & deal with emotions in productive ways so they grow up to be happier loving content adults, and to help children learn to think positively on a daily basis because science has shown that yoga, meditation, & positive thinking can help the healing process.

Mindful Mantras

Wuf Shanti's main mantras are the positive thinking mantra:

“Think Well to Be Well” is the positive thinking mantra.

“Smile and the World Will Smile With You” is the kindness mantra.

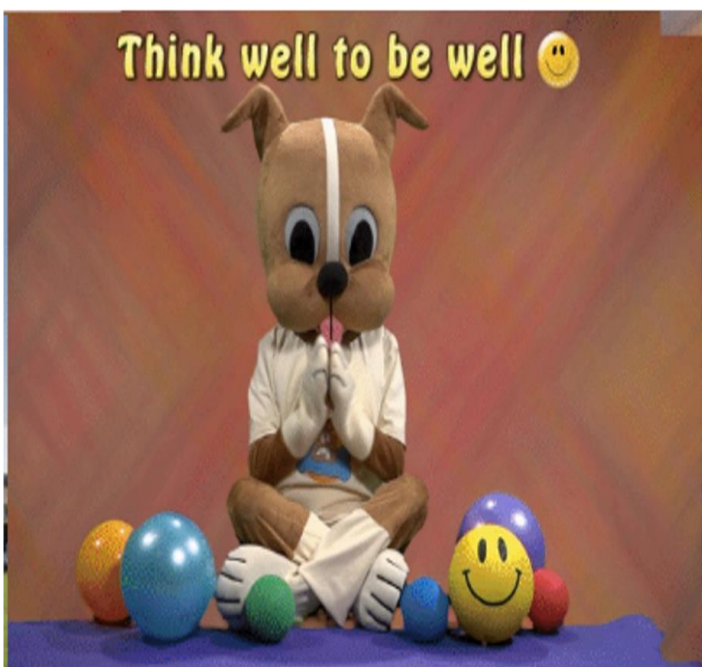
“Smile and Say Thank You” is the gratitude mantra.



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Think well to be well 😊



Media

You can read about Wuf Shanti in the recent press in Teaching.com, Best Self Magazine, Care for Your Mind, LA Yoga Magazine, Superfly SuperMom Blog, the Huffington Post, Thrive Global, Miami Herald, Yoga Digest, The Doctor Weighs In, Sun Sentinel, Integral Yoga Magazine, and many others. The articles can be found on the Wuf Shanti website. Some of these publications were interviews or articles written by other people about Wuf Shanti, and some of them are articles Adam wrote which were published by national news outlets or magazines.

Awards:

Wuf Shanti is a recipient of the prestigious Mom's Choice Award and named among the "Best in Family-Friendly Media, Products, & Services." Common Sense Media named Wuf Shanti's Mobile App, the Yoga Fun Machine, one of the "Best Health Apps and Games for Kids." National Parenting Product Awards (NAPPA) names Wuf Shanti "Best Product for Children" in their Health and Wellness roundup.



More About Wuf Shanti

Our live mascot visits children hospitals, nursing homes, schools, yoga studios, festivals, and charitable organizations. Please join Wuf Shanti at the following social media pages

Facebook: www.facebook.com/wufshanti

Instagram: www.instagram.com/wufshanti

Twitter: www.twitter.com/wufshanti

Pinterest: www.pinterest.com/wufshanti

Linkedin: www.linkedin.com/company/wufshanti

YouTube: www.youtube.com/c/wufshanti

Wuf Shanti has reached 100K followers on FB and is very grateful to everyone supporting their mission.

To listen to Adam's recent interview with iheartradio: <https://soundcloud.com/wufshanti/interview-w-adam-avin-wuf-shanti-austin-edwards>



Wuf Shanti books, coloring books, t-shirts, stuffed animals, yoga mats, and more can be found on the website, www.wufshanti.com.

Wuf Shanti believes in giving back to the community, so a portion of proceeds go toward charities that support children, animals, the environment, and the planet as a whole. The Wuf Shanti Children's Wellness Foundation is coming soon to help even more kids with fabulous curriculum and events.

If you are affiliated with a hospital or school you would like for Wuf Shanti to visit, or you are interested in the curriculum, joining the Kids Association for Mindfulness in Education, or registering or helping with the Mindful Kids Peace Summit, please contact Wuf Shanti at thinkwell@wufshanti.com.

Download Mindful Apps

The mobile app, complete with videos, music, and games teaching kids to think well, is available for free download on Apple and Android Devices. The app was named in "Best Health Apps and Games for Kids" by Common Sense Media.

To download the mindful mobile app, Wuf Shanti Yoga Fun Machine:

Iphone/Ipad links: <https://itunes.apple.com/us/app/wuf-shanti-yoga-fun-machine/id1296345752?ls=1&mt=8>

Android/Google Plus links:

<https://play.google.com/store/apps/details?id=com.wufshanti.yogafunmachine>



Kids Association and Summit

The Kids' Association for Mindfulness in Education is a place where youth can come together to mindfully do good in the world.

The Mindful Kids Peace Summit is a 5 day on-line program for schools all over the world, to help engage students aged 10 to 17 in positive psychology, enhanced physical and mental health and wellbeing and mindfulness. Subject matter experts and celebrities will be talking about their health and wellness routines, their charities and foundations, what they do to make the world a better place, why mindfulness and kindness are so important right now, and other information to help motivate the kids. Our vision is to have the videos played at the same time on the same day in every middle school and high school in the country (and even internationally) so that it becomes part of the



MINDFUL KIDS PEACE SUMMIT

annual curriculum. We are hoping to get the momentum going early so that teachers and students can plan accordingly, similar to the world-wide marches. We aim to have students watching together and creating a common goal of inner and outer peace through these tools. We hope you will join us at the Summit Feb 11-15, 2019. Each day of the Summit has a different theme:

DAY 1 We Are All One: Diversity, Inclusion, and Communication

DAY 2 Living Together in Peace: Kindness and Anti-Bullying

DAY 3 Mindfulness Matters: Tools for Kids to De-Stress and Cope with Emotions (include Yoga, Meditation, Breathing)

DAY 4 Doing Good: Things We Can Do Together to Make the World a Better Place and Collaboration

DAY 5 Positive Psychology and Social Emotional Learning: More Mindfulness for Kids, and how Teachers and Parents can help.



Show Concept Videos

- Thinking Positively: <https://youtu.be/u7kmlUUyZHc>
- Diversity, Inclusion, Kindness to Everyone: <https://youtu.be/fb2JREEZv3E>
- Example of SFLPBS interstitials:
<https://www.youtube.com/watch?v=lvquo6x4N6E>
- Wuf Shanti YouTube Channel (100+ videos):
<http://www.youtube.com/c/wufshanti>